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pass on either side of cylindrical portion 212. Each arm 202, 204 has a resilient web 218, 220 attaching it to rib 208. Each arm 202, 204 has a finger grip 222, 224 and then an end 226, 228 opposite the respective webs 218, 220. Ends 226, 228 terminate in pawls 230, 232. Generally opposite finger grips 222, 224 facing "Y" connector 158 are cam surfaces 236, 238.

At the top portion of body 202 are left and right rack members 240, 242. Rack members 240, 242 are fixed to rib 204 with resilient webs 244, 246 in a "T" shaped configuration. Each member 240, 242 has a finger grip 248, 250 and then an end 252, 254 opposite one another, on either side of the respective webs 244, 246. Ends 252, 254 terminate in racks 256, 258 which are engageable with pawls 230, 232. FIG. 8 shows the valve 202 with the respective arms 204, 206 and rack members 240, 242 in disengaged condition. FIG. Shows right arm 206 engaged with rack 158 and member 240 displaced to disengage rack 256 from pawl 230.

It will be observed that valve 200 in FIG. 8 is in the position 32 for the left tube to be used. This is because rack 256 is disengaged, thereby enabling free flow through legs 205 L because cam 236 is not compressing leg 205 L, while cam 238 is compressing, and therefore closing, leg 205 R to fluid flow. Engagement of rack 258 and pawl 232 is holding cam 238 tightly against leg 205R, compressing leg 205R against cylindrical portion 212 to stop fluid flow there-through. Closing cam member 204 while leaving cam member 206 engaged would change valve 200 to the off position 30, and in turn, disengaging rack 258 and pawl 232 while leaving cam member 204 closed would place valve 200 in the right position 34. FIG. 7 provides a both "on" position

As shown more fully in FIG. 6, valve 200 is completed by the compression fitting of clip 270 through aperture 214. Aperture 214 is then closed by affixation of cap 272 and decal 274. Alternate, larger cap 276 and decal 278 could also be used.

While the present invention has been disclosed and described with reference to these embodiments, it will be apparent that variations and modifications may be made therein. It is also noted that the present invention is independent of the specific hydration system, and is not limited to the specific hydration system. It is, thus, intended in the following claims to cover each variation and modification that falls within the true spirit and scope of the present invention.

I claim:

1. A hydration system leading to a feed tube comprising:
 - a plurality of bladders;
 - each of said bladders formed to enable flow through an outlet;
 - each of said outlets communicating to a tube branch;
 - said tube branches interconnecting at a six mode selector valve;
 - said valve being controlled between positions of left off, right off, left on, right on, both on and both off;
 - a hands free operable two position valve positioned downstream from the valve, said two position valve operable by a user, to permit fluid flow.
2. The hydration system of claim 1 further comprising:
 - said positions of left off, right off, left on, right on, both on and both off are selected by the selective engagement or disengagement of cam arms controlling the engagement and disengagement of pawls and racks within said selector valve.

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3. The hydration system of claim 1 further comprising:

- said bladders being formed by partitioning single bladder envelope;

said bladder envelope is subdivided by baffle into left and right bladder sections;

said bladder sections each flow through an outlet to said tube branch.

4. The hydration system of claim 3 further comprising:

- said single bladder envelope being formed of thermoplastic sheet which is heat or ultrasonically welded to permanently define the envelope and bladder sections.

5. The hydration system of claim 4 further comprising:

- outlets are integrally formed in and a tubing connection bonded to bladder sections to communicate between said bladder sections and said feed tube.

6. The hydration system of claim 4 further comprising:

- outlets from said bladder sections being formed of a durable connection namely one of a pivoting connection, a hose receiving barb type connection, or a permanent hose connection.

7. The hydration system of claim 1 further comprising:

- said tube branches are joined at a "Y" intersection to the feed tube such that said valve indirectly controls flow by selectively pinching one or both of tube branches of the selector valve so that by pinching one branch and not the other, flow is controlled, and by pinching both branches of the selector valve, flow is completely cut off, and only the tube, and not the valve, directly contacts the fluid passing therethrough.

8. The hydration system of claim 1 and said selector valve comprises one of:

a pinch valve with a rotating cam;

a dual flow valve having a rotating disc with internal conduits, or

a pawl and rack locking pinch valve.

9. The hydration system of claim 1 and:

said selector valve comprises a pawl and rack locking pinch valve;

said selector valve having a body with left and right pinch cam arms extending from a central rib, said rib having a slot;

a "Y" intersection being formed of a connector fitting in said slot formed and arranged so that first and second legs and of a conduit pass on either side of a cylindrical portion such that flow is controlled by selectively pinching one or both of tube branches, or neither of them.

10. The hydration system of claim 9 and:

each arm has a resilient web attaching said arm to said rib; each arm further having a finger grip and an end opposite the respective webs;

said ends terminating in pawls.

11. The hydration system of claim 10 and:

cam surfaces located opposite said finger grips so that said cam surfaces face "Y" connector;

rack members located at the top portion of said body; said rack members being fixed to said rib with resilient webs in a "T" shaped configuration.

12. The hydration system of claim 11 and:

said hydration system is a dual hydration system and said valve is symmetric about said rib such that said arms, racks, pawls and finger grips are independently operable opposed pairs.